



# MODULE 3

# WORKBOOK

Your Dog's Not  
the Problem...

You Are!

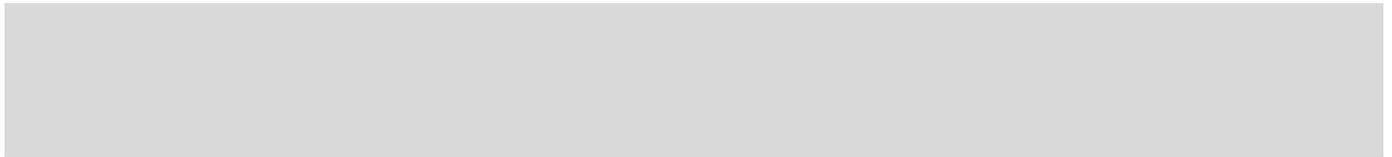
Toolkit for Nervous Dogs



# Analysing the Emotions

In the last module you used muscle monitoring to determine which emotions were causing stress for both you and your dog. At this stage these are still separate emotions, so today we now want to consider them together and see if they are linked to a *shared* issue between you and your dog.

The first thing I want you to do is write down the emotion or phrase that showed up for you:



I now want you to write down what this emotion or statement means to you. What do you think this emotion relates to?

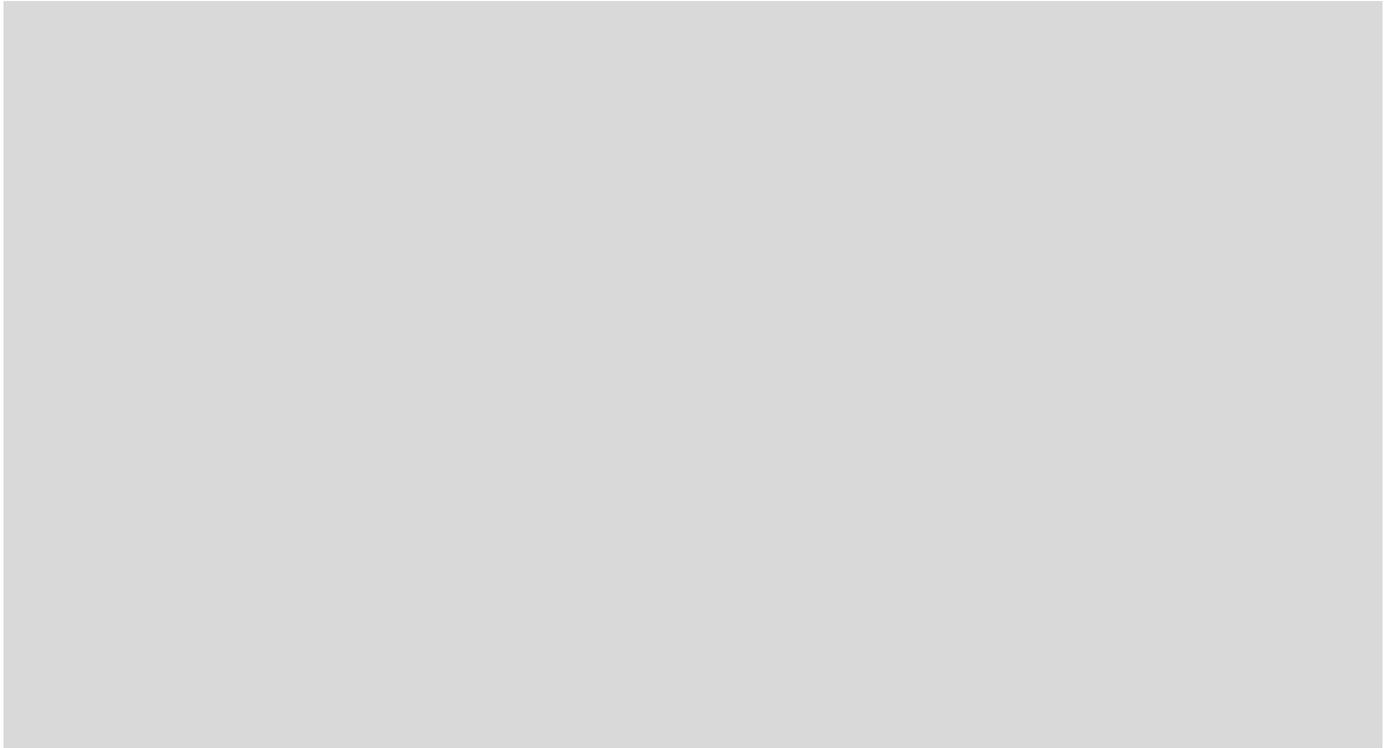
Write down all the ways this emotion is showing up in your life. More often than not this particular emotion will be showing up in lots of different areas e.g work, relationships etc.



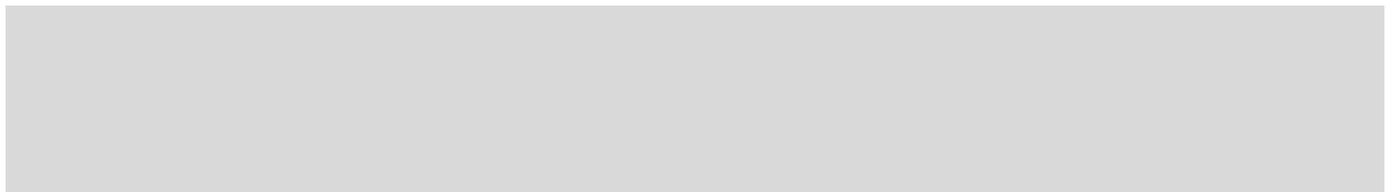
I now want you to think about all the ways in which this emotion affects and impacts your life:

What does it stop you from doing?

How does it hold you back?

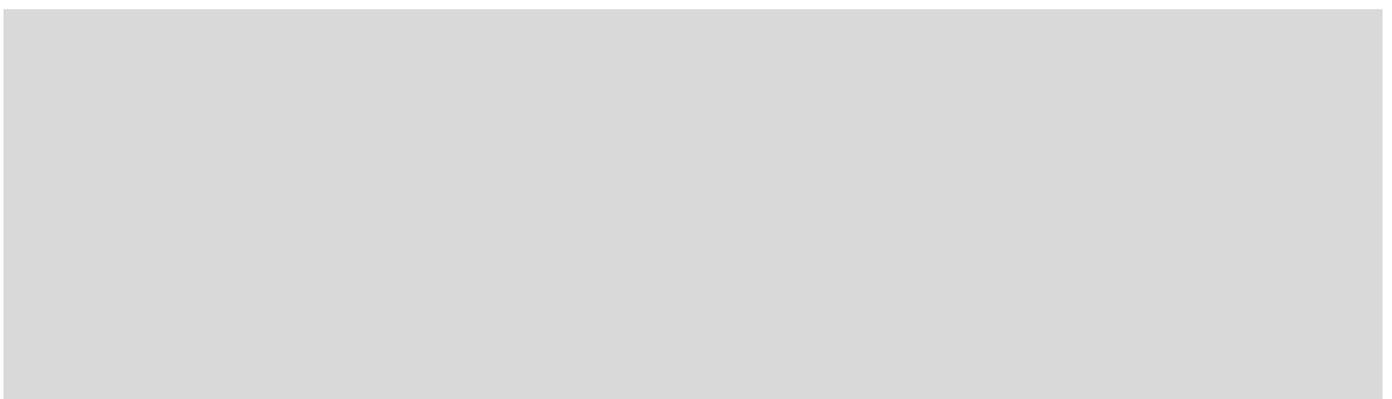


We are now going to look at the emotion that showed up for your dog. Write it down here:



Can you relate your dogs emotion to what has shown up for YOU so far?

How can you relate to this emotion showing up in your life?



With regards to the anxious, nervous or problem behaviour displayed by your dog, can you now think of the positive aspect of this behaviour. This may sound strange, but every behaviour or emotion has a positive aspect i.e a way it is working favourably either for you or your dog.

Example:

If your dog is reactive or aggressive around other dogs, a positive aspect of this would be that your dog is clearly defining its boundaries and communicating that the other dog has come too close. Defining boundaries is a positive attribute.

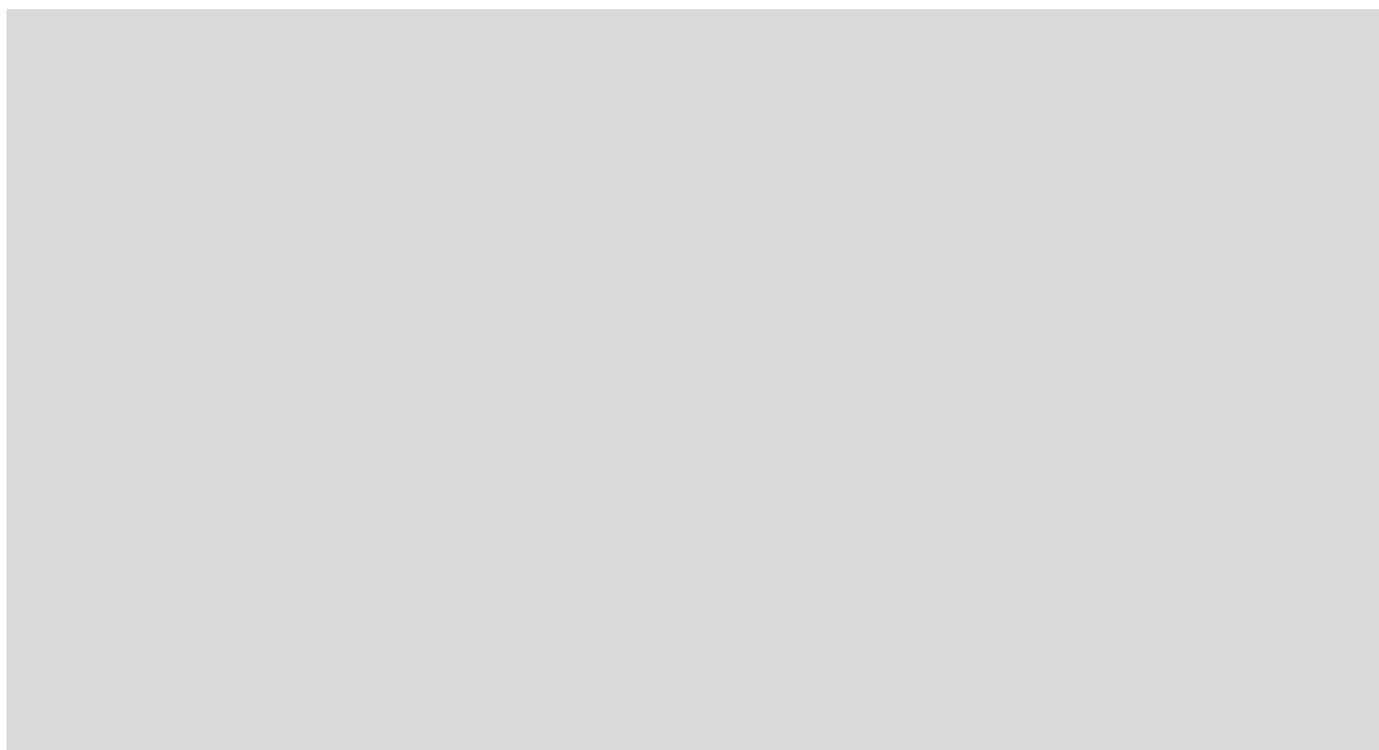
Example:

If your dog's anxiety stops it from engaging fully in the world and enjoying spontaneity, then the positive aspect is that your dog's anxiety is keeping it safe and it needs predictability.

Example:

If your dog has separation anxiety, the positive aspect of this is that your dog is clearly communicating that it doesn't want to be alone. It is honouring its feelings and is not afraid to show its vulnerable side.

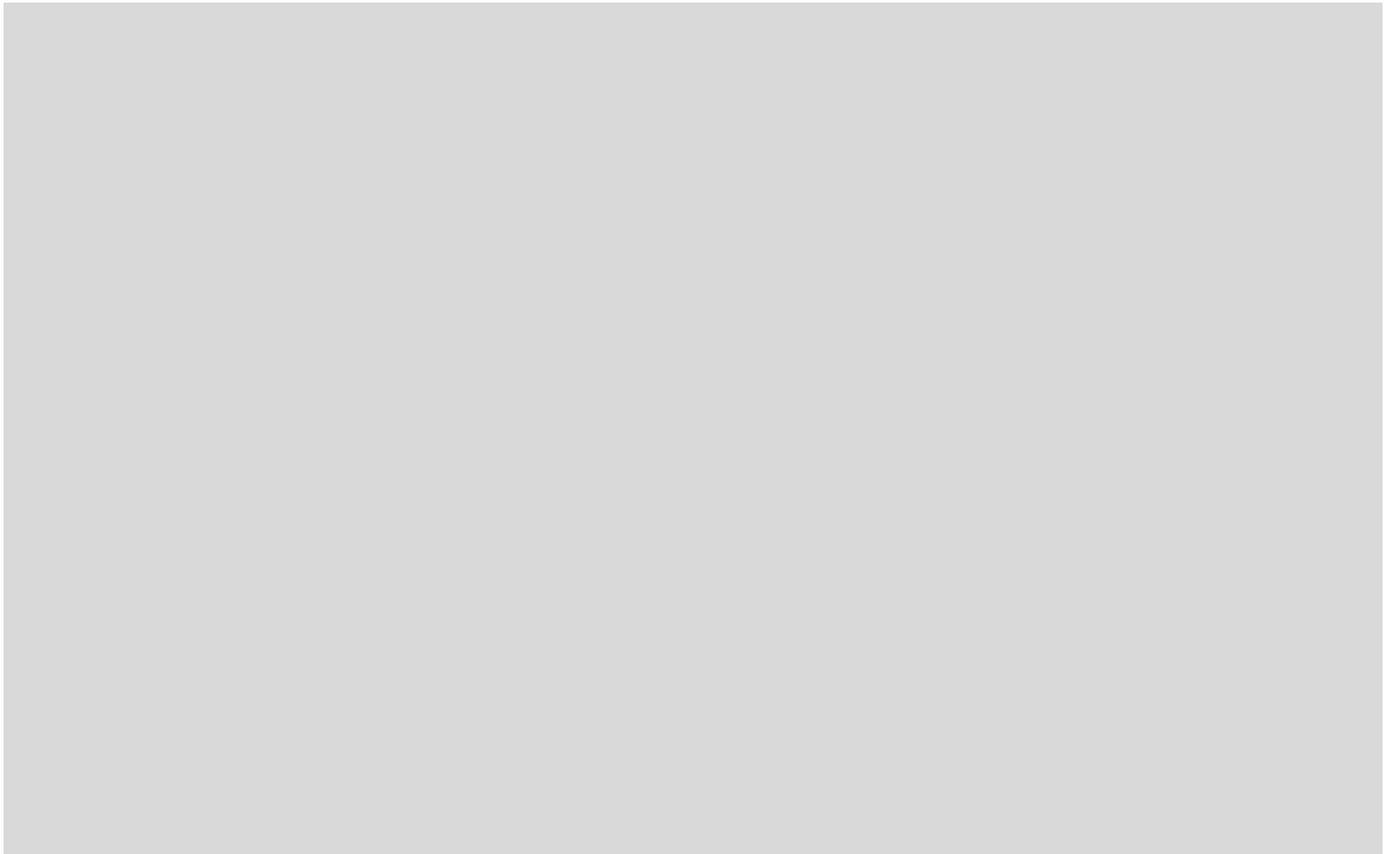
Using these examples, can you now write down the possible positive attributes from your dog's problem behaviour or anxiety:



When you consider the POSITIVE aspects you identified with your dog's NEGATIVE behaviour, I now want you to consider if those positive attributes are something that you could benefit from incorporating in your life.

If you were to incorporate these positive attributes into your life, how would this impact and alter the fears and other emotions that showed up for you from the scan charts?

Note any realisations below:



The aim of this lesson was to begin to analyse the blocked emotions and see how they are all reflections of the same issue. Sometimes just bringing these emotions to your conscious awareness is enough to start releasing the blockages.

In the next module I am going to teach you a kinesiology technique to help clear the emotional blockages for you and your dog. Can't wait!